






School Breakfast Meal Pattern, School Year 2013-14 (4-Day)

REQUIRED ITEMS	<i>*Must select one serving (item) from <u>each</u> of the three components:</i>					
	1 item of Fluid milk Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain 	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
	1 item of Fruits/Juice/Vegetables Juice must be 100% full-strength. No limitations on frequency of juice offerings. No vegetable subgroup restrictions. 	½ cup daily	½ cup daily	½ cup daily	½ cup daily	½ cup daily
	1 item of Grains/Breads Daily and weekly minimums must be met. Flexibility for grain maximums. Half of grains offered must be whole grain-rich. 	1 oz/eq (daily) 5.5-8 oz/eq (weekly)	1 oz/eq (daily) 6.5-8 oz/eq (weekly)	1 oz/eq (daily) 6.5-8 oz/eq (weekly)	1 oz/eq (daily) 7-8 oz/eq (weekly)	1 oz/eq (daily) 7-8 oz/eq (weekly)
	Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
	Sodium (mg) Weekly Average	700-1000	800-1100	800-1000	900-1200	900-1000
	Saturated Fat (% of total calories) Weekly average	≤ 10				
	Trans Fat Daily	0g/serving				
Additional Grain Items	<i>If offering <u>more than</u> the required minimum 1 grain/bread item, MAY select 1 or more of the following GRAIN items:</i>					
	1 item of Grains/Breads 	1 oz/eq grain/bread= 1 oz/eq grain				
	1 item of Grain Alternate (Meat/Meat Alternate) 	1 oz/eq M/MA= 1 oz/eq grain alternate=1 oz/eq grain				

